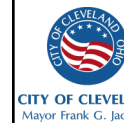


Track Schedule



Zelma George Recreation Center
3155 M.L.K. Dr.
216/420-8800



Fit & Fifty Program

Card Sharks	Monday & Friday	1:00 pm
Senior Walkers	Monday - Friday	6:00 am
Arts & Crafts	Tuesday	11:30 - 1:30 pm
Senior Exercise	Tuesday & Thursday	9:00 - 10:00 am
Line Dancing	Tuesday & Thursday	10:00 - 11:00 am
Blood Pressure	Every 4th Tuesday	9:00am-11:00am

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 - 3:00 pm School Group Ages 4 - 7	12:00 - 3:00pm 5 on 5 Basketball Adult	12:00 - 3:00 pm School Group Ages 4 - 7	12:00 - 3:00pm 5 on 5 Basketball Adult	12:00 - 3:00 pm School Group Ages 4 - 7	10:00-11:30 Pee Wee Basketball / Football Skills 4-7
3:00 - 4:45pm Sr. Co-ed Volleyball Practice Ages 14-17	3:15 - 4:15 pm Organized Gym Games Ages 15 - 17	3:00 - 4:45pm Sr. Co-ed Volleyball Practice Ages 14-17	3:15 - 4:15 pm Organized Gym Games Ages 15 - 17	3:30 - 5:00pm Organized Gym Games Ages 8 - 16 (Sept-Oct.)	1130-2:30 Basketball Training Camp 8+
5:15 - 7:30pm Organized Gym Games Ages 8 - 12 (Sept-Oct.)	4:30 - 5:30pm Organized Gym Games Ages 13 - 14	5:15 - 7:30pm Organized Gym Games Ages 8 - 12 (Sept-Oct.)	4:30 - 5:30pm Organized Gym Games Ages 13 - 14	3:30 - 5:00pm Girls Basketball training Ages 8+ (Nov.-Dec.)	3:00 - 4:15pm 3 on 3 Youth Basketball 8-14
5:15 - 7:30pm Volleyball House League Ages 10 - 14 (Oct.-Nov.)	5:45 - 7:30pm Jr. Coed Volleyball Practice Ages 12 - 14 (Sept-Oct.)	5:15 - 7:30pm Volleyball House League Ages 10 - 14 (Oct.-Nov.)	5:45 - 7:30pm Jr. Coed Volleyball Practice Ages 12 - 14 (Sept-Oct.)	6:00 - 7:30pm Pee Wee Soccer/ Basketball League Ages 4 - 7	4:30-5:30 Youth Hot Shoot 8-14
5:00 - 7:30pm Sr. Boys Basketball League Ages 15 - 17 (Nov.-Dec.)	4:30 - 7:30pm Sr. Coed Volleyball Ages 14 - 17 (Oct.-Nov.)	6:00 - 7:30pm 5 on 5 Basketball (Nov.-Dec.)	5:45 - 7:30pm 5 on 5 Basketball League Ages 8 - 12 (Nov.-Dec.)	<i>Italicized programs begin in late Fall</i>	

Coed Flag Football Leagues

Juniors	Tuesday & Thursday	4:30 7:30	13 - 15
Midgets	Monday & Wednesday	4:30 - 7:30	8 - 12

Other Exciting Programs

Zumba	Monday	6:00- 7:00 pm	Adults
Aerobics	Wednesday	6:30 - 7:30pm	Adults
Line Dance	Tuesday & Thursday	6:00- 7:30pm	Adults
Aerobics	Saturday	9:30- 10:30	Adults
Exercise Equipment	Monday - Friday	12:00 - 7:30pm	Adults
Sister Hood / Brother Hood	Thursday	5:00- 6:00pm	8-17
Recreational Free Skate (Rec. Center program participants only)	Every Thursday	4:00 - 6:00pm	8 - 17
Youth Outdoors	Friday	TBA	